MR. PEANUT'S GUIDE TO NUTRITION

TO YOUNG AMERICANS:

You hear a lot about nutrition, but do you really know what it means? Nutrition is the food you eat and how your body uses it. Good nutrition comes from eating a wide variety of foods.

How do you, your family and your friends eat? Do you skip breakfast, eat high-calorie, low-nourishment foods throughout the day, then complain "I'm not hungry" at dinnertime?

Selecting a balanced diet is really very easy. Lots of the foods you like the most rate high on the scales of good nutrition. Most likely, one-fourth of your daily diet comes from snack foods. But they can be nutritious, too. Your choice of snacks can make the difference between a balanced and an unbalanced diet.

This booklet will help you choose the foods your body needs each day. Teachers and parents can help you learn to make good choices— the choices that will help maintain your health throughout life.

So, why not give nutrition a chance?

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ILLUSTRATIONS BY
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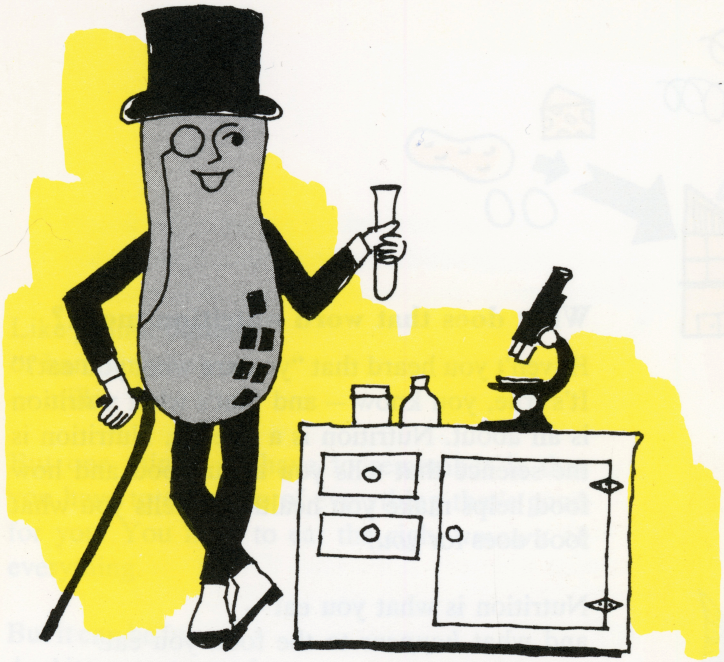


MR. PEANUT – NUTRITIONIST

Everyone knows that Mr. Peanut is a nut, but maybe they don't know he's an expert on nutrition, too. After all, the first three letters in the word nutrition are N U T.

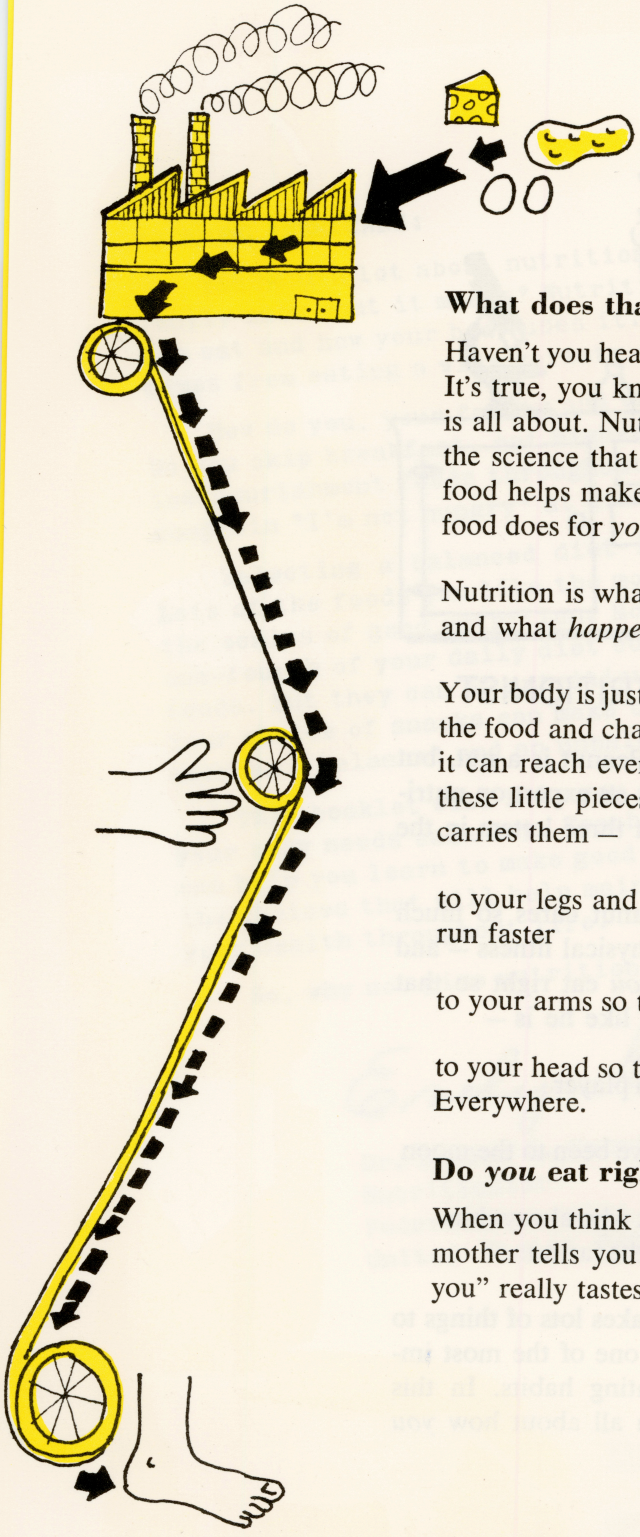
Maybe that's why Mr. Peanut cares so much about *your* health – and physical fitness – and he wants to be sure that *you* eat right so that you'll grow big and strong like he is –

or like your favorite football player

or like one of the men who've been to the moon

or like the kid on your block who always hits the ball the farthest or runs the fastest.

Mr. Peanut knows that it takes lots of things to get to be *that* good – and one of the most important things is good eating habits. In this book Mr. Peanut tells you all about how *you* should eat.



What does that word nutrition mean?

Haven't you heard that "you are what you eat?" It's true, you know – and that's what nutrition is all about. Nutrition is a science. Nutrition is the science that tells you about food and how food helps make you healthy. It tells you what food does for *you*.

Nutrition is what you eat –
and what *happens* to the food you eat.

Your body is just like a little laboratory. It takes the food and changes it into little pieces so that it can reach every part of your body. How do these little pieces get everywhere? Your blood carries them –

to your legs and feet so that you can walk and run faster

to your arms so that you can hit a ball harder

to your head so that you can think faster
Everywhere.

Do *you* eat right?

When you think about it, lots of the food your mother tells you to eat because "it's good for you" really tastes good, too.

Like peanut butter
or hamburger
or milk

But one thing you have to remember is that you have to eat some of everything that's good for you. You have to eat the right *amount* of everything.

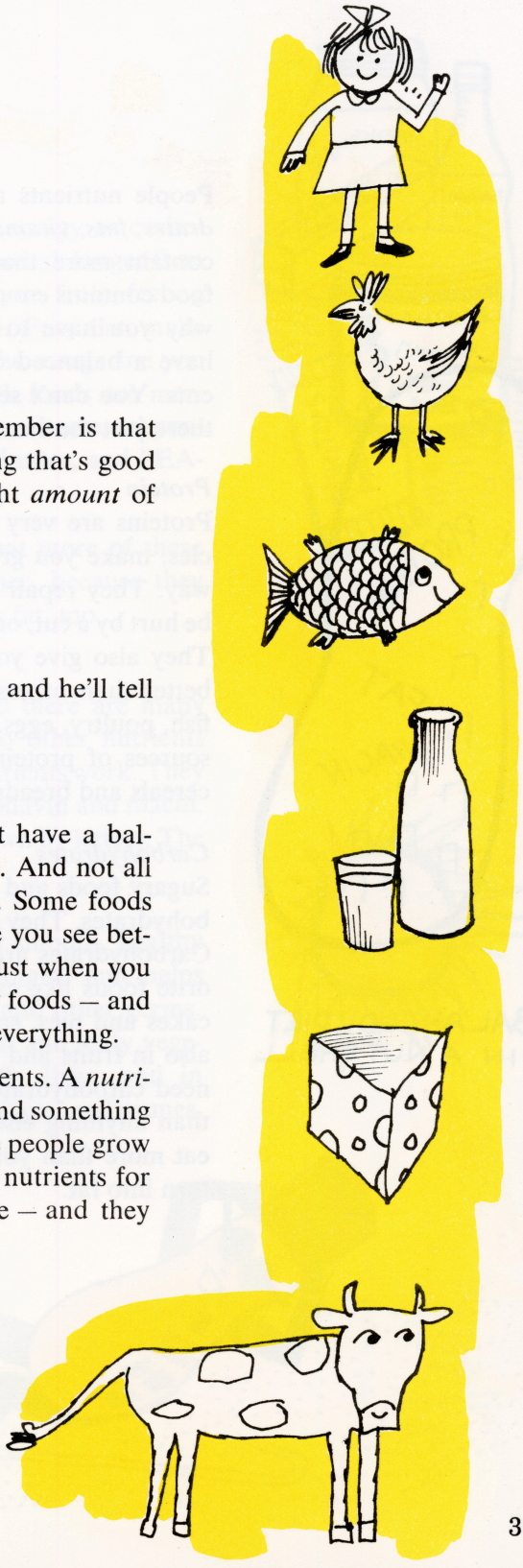
But it can be fun
And it can taste good, too.

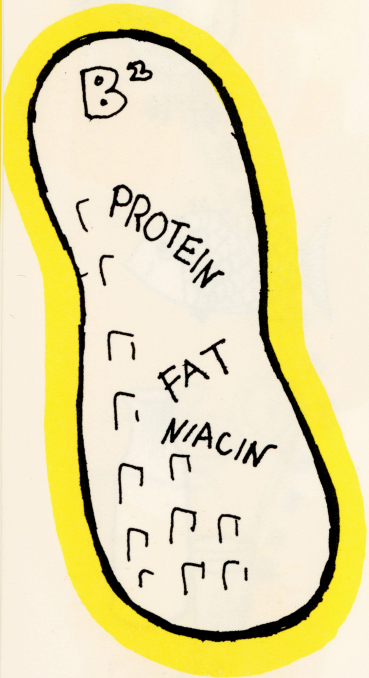
Mr. Peanut knows how to do it – and he'll tell you how. Ready???

What is a Balanced Diet?

Eating right means that you must have a balanced diet. Not all foods are alike. And not all foods do the same things for you. Some foods help your bones grow. Some make you see better. Some give you energy fast – just when you need it. That's why you need many foods – and this is a balanced diet – some of everything.

Foods contain many different nutrients. A *nutrient* is anything that nourishes . . . and something that nourishes is necessary to make people grow and keep them healthy. There are nutrients for plants, for animals and for people – and they are very much alike.





BALANCED DIET
IN A NUTSHELL

People nutrients are called *proteins, carbohydrates, fats, vitamins, and minerals*. Most foods contain more than one nutrient. But no one food contains enough of all the nutrients. That's why you have to eat many different foods to have a balanced diet – to balance your nutrients. You can't see these nutrients, but they're there just the same.

Protein

Proteins are very important. They make muscles, make you grow strong and keep you that way. They repair parts of your body that may be hurt by a cut, or (a break like) a broken arm. They also give you energy. Some proteins are better than others. Among the best are meat, fish, poultry, eggs, cheese, and milk. Also good sources of protein are peanuts, vegetables and cereals and breads.

Carbohydrates

Sugary foods and starchy foods are rich in carbohydrates. They give you lots of quick energy. Carbohydrates are found in some of your favorite foods like candy, jams and jellies, sodas, cakes and pies, spaghetti, and bread. They are also in fruits and vegetables. Even though you need carbohydrates and you eat more of them than anything else, you must be careful not to eat more than you need because the extra can turn into fat.

Fats

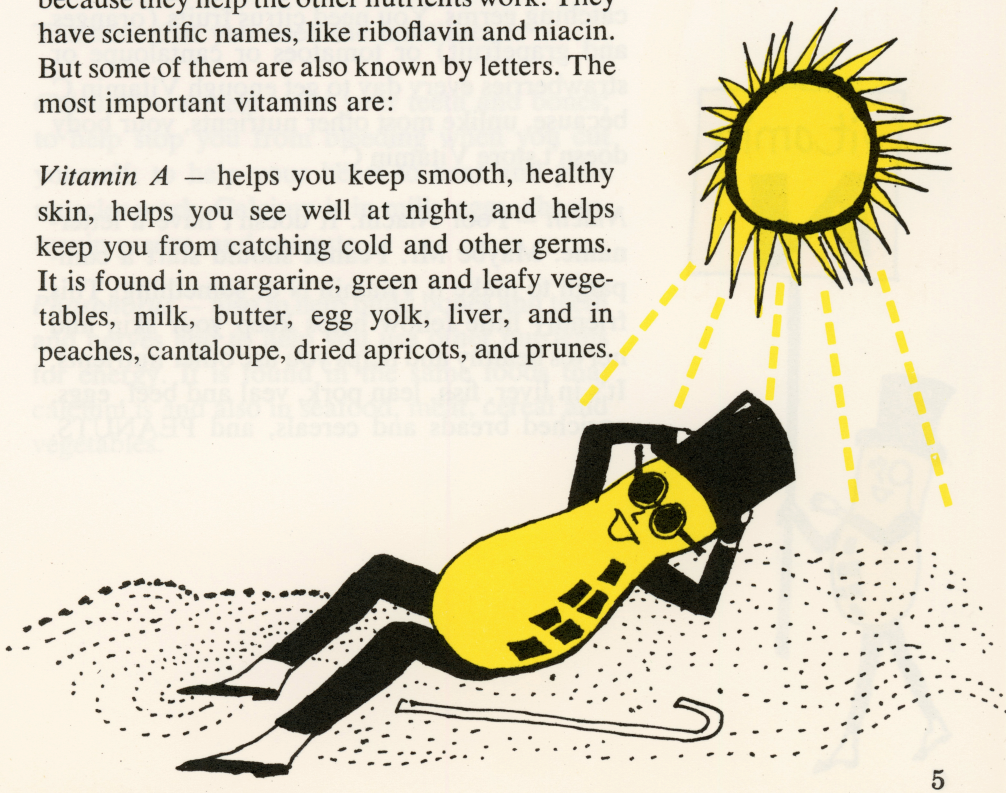
Fats give you twice as much energy as carbohydrates. They stay in your stomach longer than anything else, so they keep you from feeling hungry too soon after a meal. Fats also make other foods taste better, like the margarine you spread on your bread. Fat-rich foods are margarine, fatty meats, oils, cream, cheese, mayonnaise, salad dressings, peanut butter, and PEANUTS.

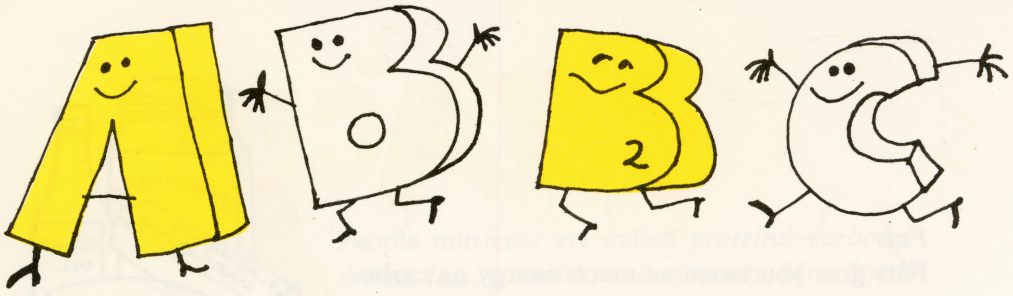
You must be careful not to eat more of these fat foods than you need, either, because they can stay around and make *you* fat, too.

Vitamins

Vitamins do many things and there are many of them. Some are helpers to other nutrients because they help the other nutrients work. They have scientific names, like riboflavin and niacin. But some of them are also known by letters. The most important vitamins are:

Vitamin A – helps you keep smooth, healthy skin, helps you see well at night, and helps keep you from catching cold and other germs. It is found in margarine, green and leafy vegetables, milk, butter, egg yolk, liver, and in peaches, cantaloupe, dried apricots, and prunes.



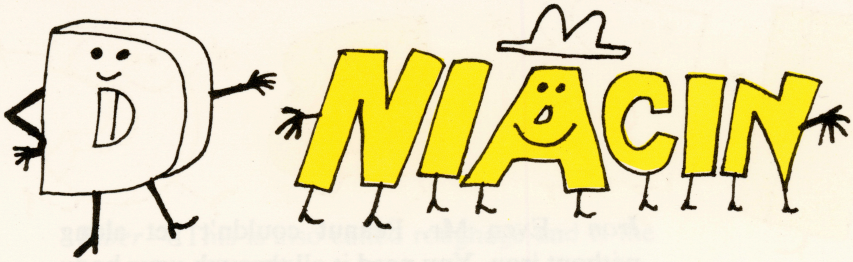


Vitamin B_1 (thiamin) — is to help keep nerves healthy, aid good digestion and help you use other foods (carbohydrates) for energy. It is in meat, especially pork and liver, enriched and whole grain breads and cereals, eggs and dried beans and peas.

Vitamin B_2 (riboflavin) — is needed to help keep your mouth and eyes healthy and help you use oxygen. It is found in milk, eggs, PEANUTS, peanut butter, liver, fish, enriched breads and cereals.

Vitamin C (ascorbic acid) — helps keep your gums, skin and muscles healthy, helps build strong teeth and bones, and helps keep you from catching germs. You need citrus fruits (oranges and grapefruit) or tomatoes or cantaloupe or strawberries every day to get enough Vitamin C because, unlike most other nutrients, your body doesn't store Vitamin C.

Niacin — Poor Niacin. It doesn't have a letter-name. Maybe Mr. Peanut should start a campaign to make it Vitamin N or something! This friendly little fellow helps keep your skin and nerves healthy and helps you use other nutrients. It's in liver, fish, lean pork, veal and beef, eggs, enriched breads and cereals, and PEANUTS.



Vitamin D – This is the vitamin you need to help build strong teeth and bones and to make your legs straight and attractive. If you don't get enough Vitamin D when you are young, you might be bowlegged. That comes from a disease called rickets. Vitamin D is in sunshine, in fish-liver oils, and in most milk and is added to some margarines.

There are many other vitamins, but when you eat a balanced diet you'll get enough of them.

Minerals

Most of the hard parts of you, like your bones and teeth, have minerals in them. There are some minerals in all the food you eat.

The ones that you need the most are:

Calcium – to help build your teeth and bones; to help stop you from bleeding when you cut yourself; to help your heart to beat and your muscles work. Calcium is in milk, eggs, cheese, turnip greens, and peanuts.

Phosphorus – also to help build bones and teeth and nerves and to help you use other nutrients for energy. It is found in the same foods that calcium is and also in seafood, meat, cereal and vegetables.

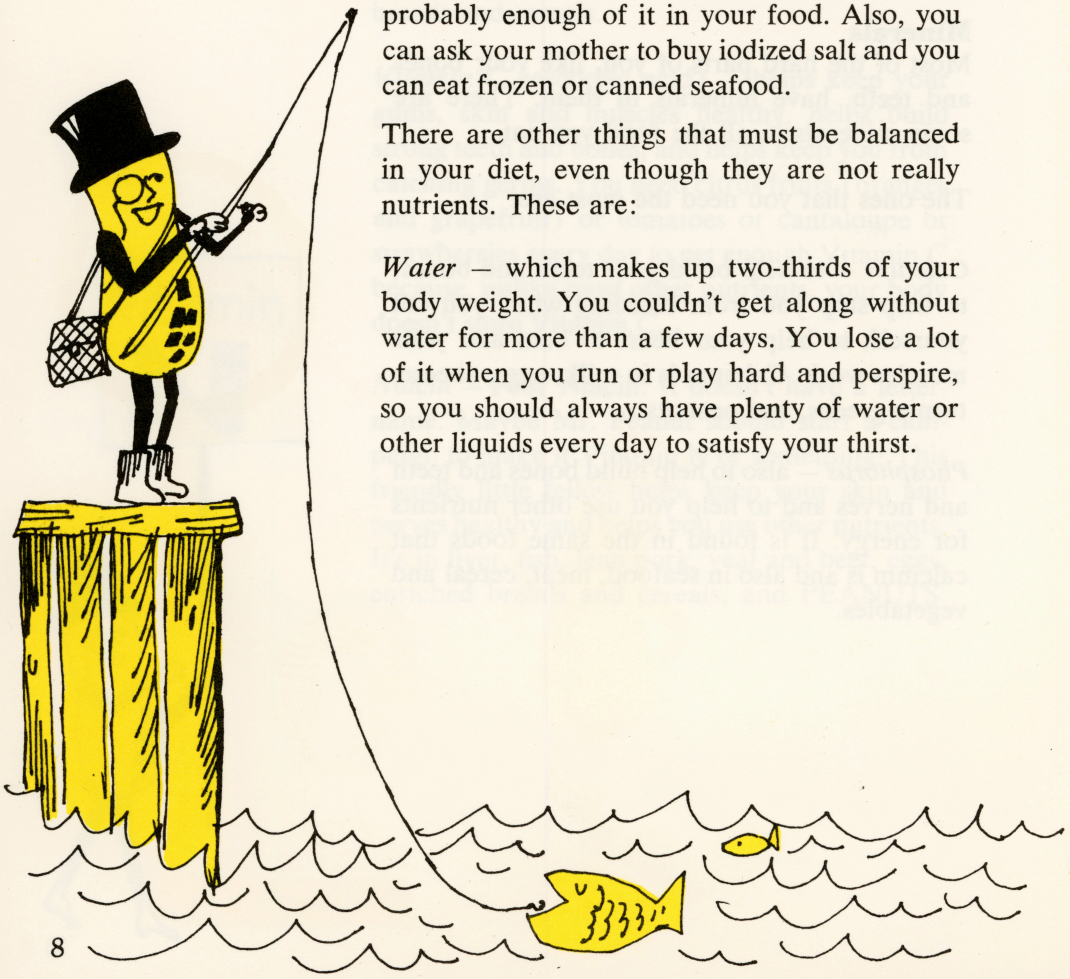
Iron – Even Mr. Peanut couldn't get along without iron. You need it all through your body but mostly to build good red blood. Foods rich in iron are meats (especially liver), egg yolk, leafy dark green vegetables like spinach, enriched breads and cereals. If you eat enough iron foods you'll get enough

Copper – which also helps make good, red blood.

Iodine – This mineral controls the way you use your energy. If you live near the ocean there's probably enough of it in your food. Also, you can ask your mother to buy iodized salt and you can eat frozen or canned seafood.

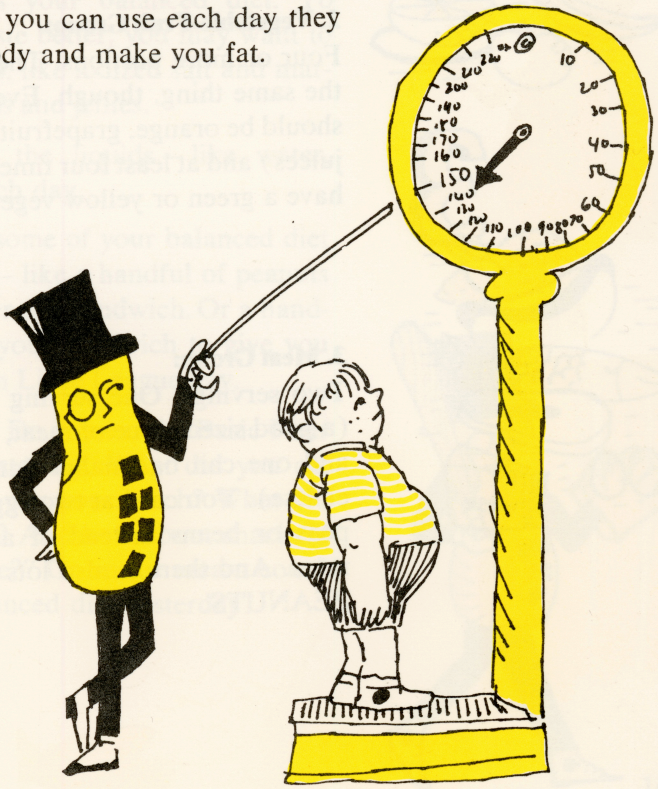
There are other things that must be balanced in your diet, even though they are not really nutrients. These are:

Water – which makes up two-thirds of your body weight. You couldn't get along without water for more than a few days. You lose a lot of it when you run or play hard and perspire, so you should always have plenty of water or other liquids every day to satisfy your thirst.



Fiber – This is also called roughage and is the part of the food that can't be digested. It is important, though, because it makes your intestines work (we'll explain intestines later). Your intestines are inside you and come right after your stomach. Fiber is mostly in fruits and vegetables and whole grain breads and cereals.

Calories – Calories are not nutrients but it's very important to keep them balanced too. Calories act like a yardstick but instead of measuring inches or feet, they measure the energy in your food. Calories come from two places – from food you eat and from your own body fat. The number of calories you need depends on how big you are, how much exercise you do, and how much you are growing. If you have more calories than you can use each day they can stay in your body and make you fat.



The Basic Four

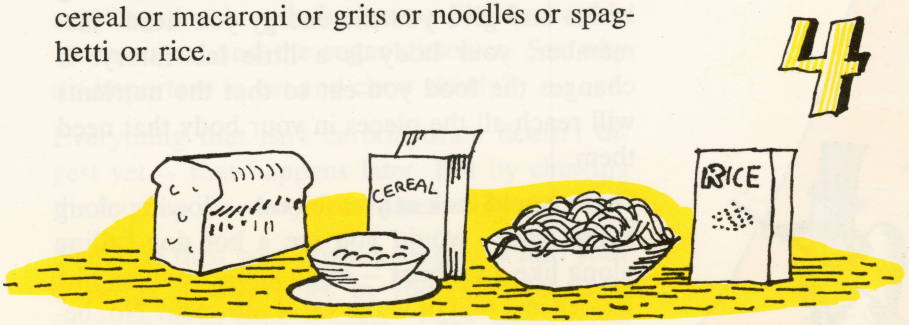
The best way to figure out how to balance all these nutrients every day is to follow the *Basic Four*. That means that all food is sorted out into four main groups. If you eat some from each group every day you'll have a balanced diet. Here are the groups:

1. Milk Group:
3 to 4 glasses. You can eat a slice of cheese or a dish of ice cream instead of one glass of milk.

2. Vegetable-Fruit Group:
Four or more portions. They should not all be the same thing, though. Every day one portion should be orange, grapefruit or tomato (or their juices) and at least four times a week you should have a green or yellow vegetable or fruit.

3. Meat Group:
Two servings. One serving can be dinner-size (a good sized piece of meat, or fish or chicken) and one can be smaller (an egg or a slice of cheese). You can eat two eggs or a cup of dried peas or beans instead of a medium piece of meat. And there is also lots of good protein in PEANUTS.

4. Bread-Cereal Group:
Four servings of enriched breads and cereals. A serving is a slice of bread, or three-quarters of a cup of cold cereal, or one-half cup of cooked cereal or macaroni or grits or noodles or spaghetti or rice.

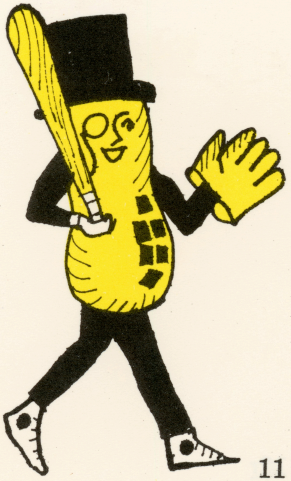


Now there – there's your balanced diet. To make your meals taste better, you may want to add some seasonings, like iodized salt and margarine or butter, jams and jellies.

And – don't forget the liquids – like water, milk and juice – each day.

And – don't forget some of your balanced diet can be snack foods – like a handful of peanuts instead of one-quarter of a sandwich. Or a handful of peanuts with your sandwich to give you some *extra* energy on Little League day.

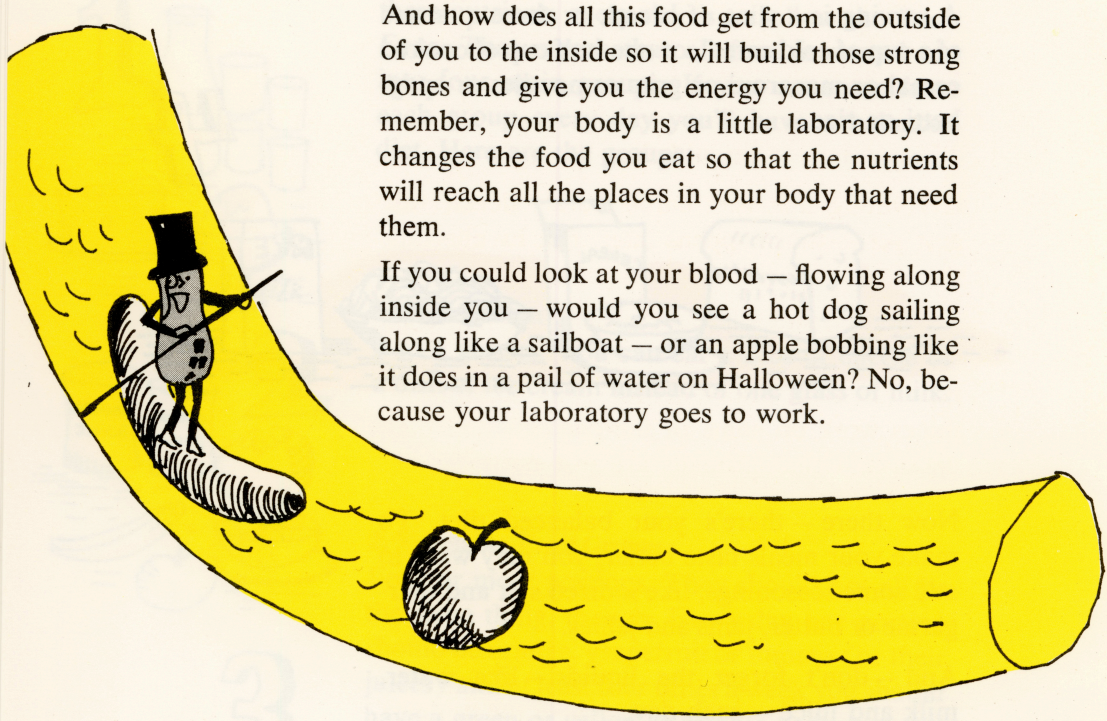
Now, think about it. Do you eat the Basic Four every day? Take yesterday. What did you eat for breakfast? What was your lunch? What did you have for dinner? And how about snacks?? Did you eat a cookie?? Or an ice cream cone? Did *you* have a balanced diet yesterday?



Digestion

And how does all this food get from the outside of you to the inside so it will build those strong bones and give you the energy you need? Remember, your body is a little laboratory. It changes the food you eat so that the nutrients will reach all the places in your body that need them.

If you could look at your blood – flowing along inside you – would you see a hot dog sailing along like a sailboat – or an apple bobbing like it does in a pail of water on Halloween? No, because your laboratory goes to work.



It digests your food. Digestion has many helpers. These helpers are juices–liquids (containing enzymes. Enzymes are starters–like the key that starts Daddy's car). These liquids help break the food down into little pieces. The first liquid is in your mouth. This is called saliva. Saliva is what really happens when your mouth

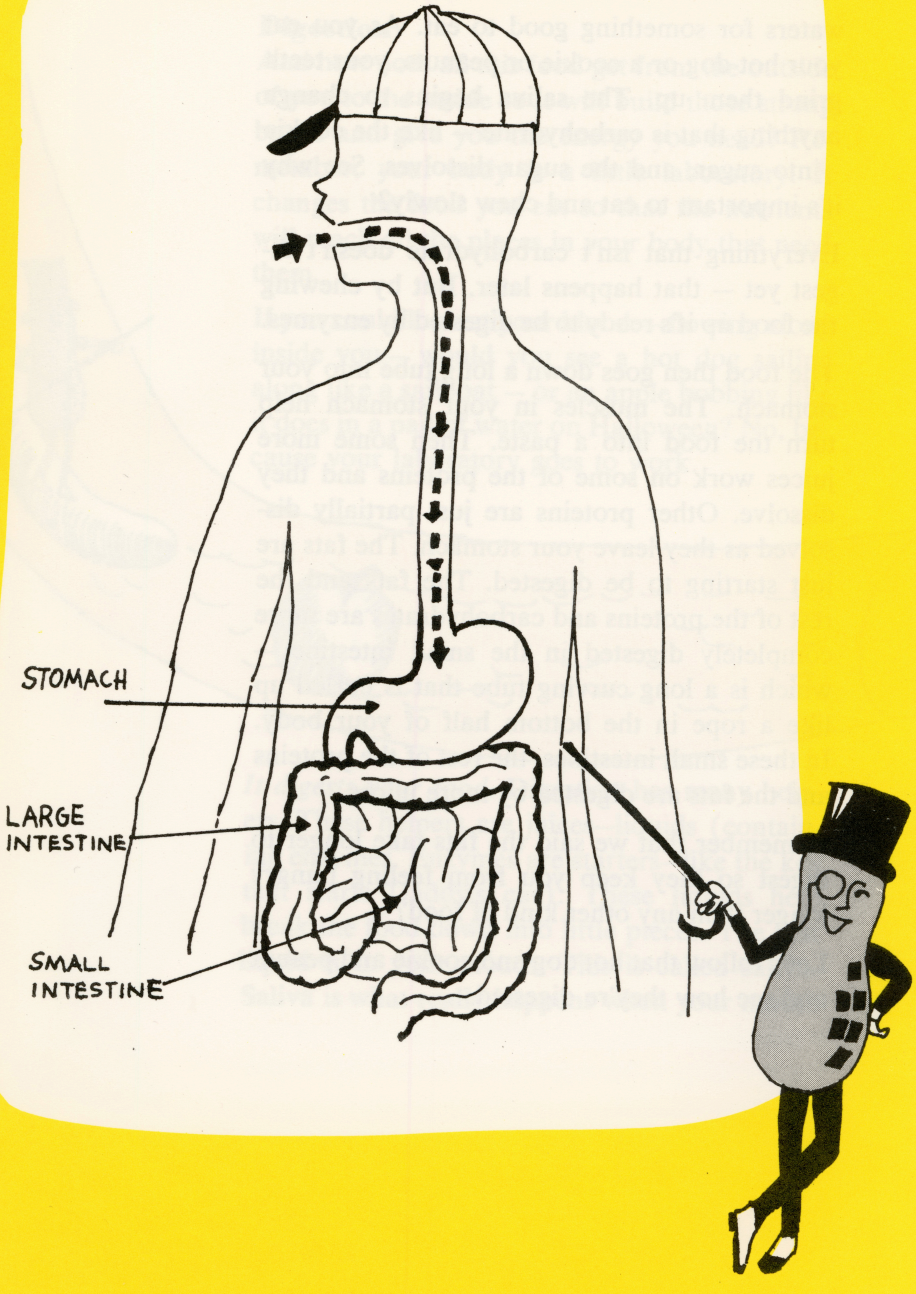
waters for something good to eat. As you eat your hot dog or a cookie or peanuts, your teeth grind them up. The saliva begins to change anything that is carbohydrate – like the cookie –into sugar, and the sugar dissolves. See why it's important to eat and chew slowly?

Everything that isn't carbohydrate doesn't digest yet – that happens later. But by chewing the food up it's ready to be digested by enzymes.

The food then goes down a long tube into your stomach. The muscles in your stomach help turn the food into a paste. Then some more juices work on some of the proteins and they dissolve. Other proteins are just partially dissolved as they leave your stomach. The fats are just starting to be digested. The fats and the rest of the proteins and carbohydrates are more completely digested in the small intestine – which is a long curving tube that is curled up like a rope in the bottom half of your body. In these small intestines, the rest of the proteins and the fats are digested by more juices.

Remember that we said the fats take longer to digest so they keep you from feeling hungry longer than any other kind of food?

Let's follow that hot dog and cookie and peanut and see how they're digested.


STOMACH
LARGE INTESTINE
SMALL INTESTINE

You eat them. You chew them up in your mouth. The cookie is mixed with the saliva juices in your mouth which start to digest it right there. Any other carbohydrates start to digest there, too, like a little from the peanut. Then these digested carbohydrates hurry right on through. They race on ahead of the rest of the food because they're all digested and ready for your body to use them.

Trailing behind are the hot dog and peanut. They're all chewed, but they aren't digested. When they get to your stomach they're turned into a paste by your muscles. The stomach juices work on the hot dog proteins and the proteins in the peanut, and they begin to be digested. They start hurrying along because now they're ready for your body to use.

The fats in the peanut and the hot dog lag behind – because they're slow to digest. They trail along in the intestines where some more juices finally digest them.

The digested foods pass right through the sides, or walls, of your small intestines and into your blood – which carries them wherever they're needed.

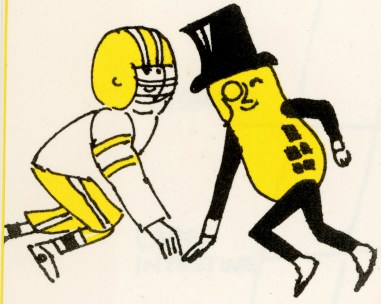
Did you wonder what happened to the vitamins and minerals? They don't have to be changed much by digestion. They just go along with the other digested nutrients.

How Much Do You Need?

How much food – how much of each nutrient do *you* need every day? Do you need a lot less than your Daddy because he's bigger? Maybe not. Remember – you need a certain amount of food for your size, but you also have to figure out what you do. And you have to figure that you are growing and you need extra nutrients to help you grow right – and stay that way.

If your Daddy sits at a desk all day and rides home on the train – and if you are getting tall fast and you play in the Little Leagues too, then maybe you need *more!*

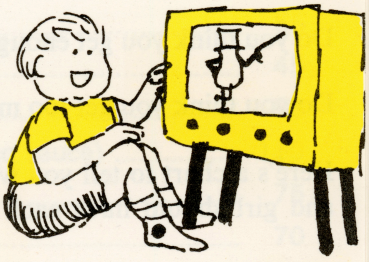
A football player often loses as much as fifteen pounds in a big game. A lot of this is water, but a lot is his body, too. That's why a football player needs body-building protein, as well as quick energy foods just before the game. A breakfast on a game-day would include a couple of eggs and a steak and plenty of milk – in addition to toast and maybe some cereal.



A ballet dancer uses just as much energy as a football player – whether it is a girl or a boy dancer. Some professional dancers are known to eat big dishes of stew for breakfast on the day of a performance. Fat for the football player or astronaut or ballet dancer is very important because it stays with them and supplies energy hours afterwards – and one thing these people have to do is eat their big meal several hours – not just before – a game or performance.

Good nutrition – good balance in your meals – makes you better in all sports, because you are stronger and have better muscles if you eat the right foods.

Good nutrition makes you able to play the whole game, not get tired after the first quarter or first inning.



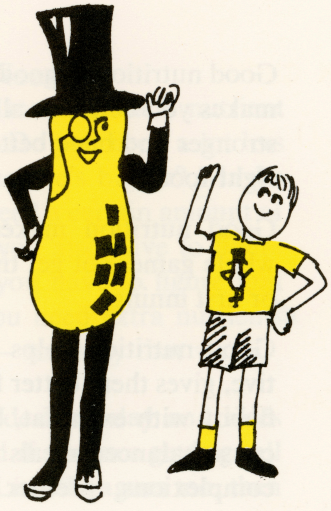
Good nutrition helps make girls more attractive, gives them better figures, figures that aren't flabby with extra fat, better complexions – because balanced meals may mean clear, smooth complexions, prettier hair because balanced meals can help keep hair shiny.

It's easy to plan your calorie balance. The more you move, the more calories you need. The more you sit, the less you need. If your favorite exercise is watching TV, you need a lot less than the boy or girl who runs and jumps and dances every day.

Everything you do uses up calories. The amount used is based on weight plus activity. So – if you weighed 80 pounds, in ½ hour you would use up the following calories doing the following things:

resting	16	calories
reading aloud	28	"
walking (3 mph.)	56	"
running	160	"
swimming	184	"
horseback riding	104	"
dancing (the Swim)	96	"

How Do You Stack Up?



Remember? You checked to see what you ate yesterday?

Is that the same way you eat every day?

What do you eat and what exercise do you do?

Do you think you get enough calories?

Do you think you get too many?

Here's a chart to tell you what the average boy and girl should have each day:

	Age 7 to 9 (60 lbs., 51 inches tall)	**Age 10 to 12 (79 lbs., 57 inches tall)**
Boys	2100 calories	2500 calories
Girls	2100 "	2400 "

Here are some of the calories in foods. They are all average servings:

MEAT GROUP

Beef round steak, ground (lean hamburger)	200	Frankfurter (1)	125
Beef roast (lean)	200	Bacon (3 strips, fried)	145
Veal cutlet	235	Smoked ham	185
Liver	180	Lamb chop	100
Roast chicken	170	Egg (1 large)	80
Scallops	90	Chili with beans	180
Shrimp	110	Chicken soup	50

MILK GROUP

Milk (1 glass)	160
Skim milk (1 glass)	80
Chocolate milk shake	420
American cheese (1 slice)	110
Chocolate ice cream	200

BREAD-CEREAL GROUP

Cream of wheat	130
Corn flakes	95
French toast (1 slice)	185
Sweet roll	180
White bread (1 slice)	65
Rye bread (1 slice)	60
Danish pastry	140
Pancake (1)	65

SNACKS

Peanuts (20)	110
Pretzels (1 large)	60
Potato chips (10)	110
Popcorn (1 cup)	65

SANDWICHES

Hamburger	380
Chicken salad	325
Bacon, lettuce and tomato	280
Cream cheese and jelly	370
Peanut butter	330

VEGETABLE-FRUIT GROUP

Asparagus	35
Green beans	25
Beets	45
Black-eyed peas	75
Peas	55
Carrots	45
Potato	95
Spaghetti (no sauce)	110
Apple	75
Orange	70
Grapefruit (½)	75
Strawberries	55
Pear	95
Orange juice	85
Tomato juice	50
Watermelon	90
Mixed green salad (with dressing)	85
Cole slaw	70

DESSERTS

Flavored gelatin	80
Brownie	105
Cherry pie	390
Cookie	75
Chocolate pudding	190

Now here's a chart for you to fill out. On the left side write down what you ate yesterday. On the right side, write down what you should have eaten.

CALORIES	CALORIES
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Snacks	Snacks

Well, how did you do? How can you do better? You can plan your meals with your mother, so that you'll get what you need to make you stronger, prettier, faster – whatever you want to be!

Breakfast is very important – because you haven't eaten for all those hours you've been sleeping. Your stomach is empty. You haven't anything to digest. So – you've got to get everything back into shape.

You need a good breakfast. But it doesn't have to be foods you don't like!

You can eat ice cream on your cereal if you still balance it into your day's meals.

You can balance Mexican tortillas and chili with fresh vegetables and fruits.

You can balance chitlins and corn pone with collard greens.

And that pizza with yeast dough and cheese and tomatoes and sausage has something from every food group in it.

See – eating right isn't so bad, is it?

Just juggle and balance – juggle and balance – and you may be the healthiest boy or girl in town!

Here are a couple of sample menus:

BREAKFAST: ½ grapefruit, with a cherry on top 2 slices of toast spread with peanut butter, and topped with crisp bacon 1 glass milk	**BREAKFAST:** Orange juice Peanut Butter Porridge* Milk
LUNCH: Peanut Sloppy Joes on Hamburger Buns* Cole slaw Milk Brownie	**LUNCH:** 2 hot dogs on buns Mustard and relish Big red apple Milk **SNACK:** PEANUTS
DINNER: Roast chicken Mashed potatoes Green beans Tomato and lettuce with mayonnaise Cherry pie Milk **SNACK:** PEANUTS	**DINNER:** Spaghetti and meat balls Broccoli Italian bread and margarine Tossed salad and Italian dressing Chocolate pudding and cooky Milk ***Recipes included**

Sound good? These two days' menus were each about 2400 calories, Just right for you? If you're too skinny and you run all this right off – eat a little more. If it's more than you need to stay nice and slim – cut down a little.

And watch those snacks. Some of them will give you little more than calories. PEANUTS are just right. They give you quick energy, extra protein and vitamins, too. And they TASTE good! Ask Mr. Peanut. Look what they did for him.

PEANUT BUTTER 'N' WAFFLES

Makes 4 servings

Planters Peanut Butter, Creamy or Crunchy
4 large hot waffles
Maple syrup

Spread Planters Peanut Butter over waffles. Serve with maple syrup.

CHOCOLATE PEANUT CLUSTERS

Makes about 24 clusters

1 package Royal Chocolate Pudding
1 cup sugar
½ cup evaporated milk
1 tablespoon Blue Bonnet Margarine
1 cup Planters Cocktail Peanuts

Combine pudding, sugar, milk, and margarine in a saucepan. Cook over medium high heat, stirring constantly, until mixture comes to a full boil. Lower heat and boil slowly for 3 minutes, stirring constantly.

Remove from heat and quickly stir in Planters Cocktail Peanuts. Beat until candy thickens (about 15 minutes). Quickly drop from teaspoon onto waxed paper, forming clusters.

CHOCOLATE NUT SAUCE

Makes about 1¾ cups

1 package Royal Instant Chocolate Pudding
3 tablespoons water
1 cup light corn syrup
⅔ cup chopped Planters Dry Roasted Peanuts

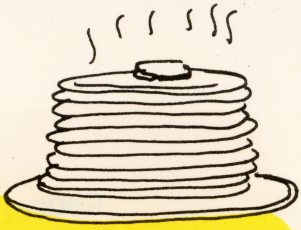
Stir pudding into water to make a smooth mixture. Stir in corn syrup until well blended. Blend in Planters Dry Roasted Peanuts.

BETH'S PEANUTTY SLAW

Makes 4-6 servings

5 cups shredded cabbage
⅔ cup mayonnaise
2 teaspoons salt
2 teaspoons sugar
2 teaspoons vinegar
½ cup chopped Planters Dry Roasted Peanuts

Combine cabbage, mayonnaise, salt, sugar, and vinegar. Chill until ready to serve. Stir in Planters Dry Roasted Peanuts.

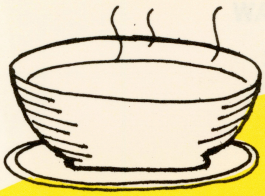


PEANUT BUTTER HOTCAKES

Makes about 16

2 cups milk
½ cup Planters Crunchy Peanut Butter
2 eggs
1 tablespoon Planters Peanut Oil
2 cups pancake mix

Combine milk, Planters Crunchy Peanut Butter, eggs, and Planters Peanut Oil in a mixing bowl. Beat until well blended. Add pancake mix; stir lightly until batter is fairly smooth. For each pancake pour about ¼ cup of batter on a hot, lightly oiled griddle. Turn when bubbles appear on surface.



PEANUT BUTTER PORRIDGE

Makes 4 servings

4 servings prepared hot oatmeal
4 tablespoons Planters Peanut Butter, Creamy or Crunchy
Milk
Sugar

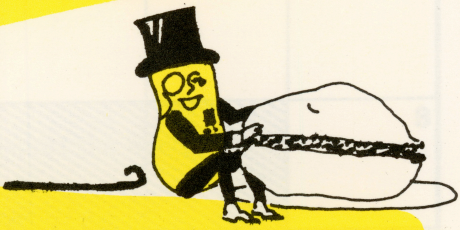
Stir 1 tablespoon of Planters Peanut Butter into each serving of hot oatmeal. Serve with milk and sugar.

P-NUTTY COCOA

Makes 6 servings

½ cup quick chocolate-flavored drink mix
1 quart milk
¼ cup Planters Creamy Peanut Butter
Curtiss Royal Marshmallows

In a saucepan dissolve chocolate mix in 1 cup milk. Add Planters Creamy Peanut Butter and stir to blend. Add remaining milk. Heat almost to boiling. Pour into mugs or cups and top with Curtiss Royal Marshmallows.



MR. PEANUT'S SLOPPY JOES

Makes 4 to 5 servings

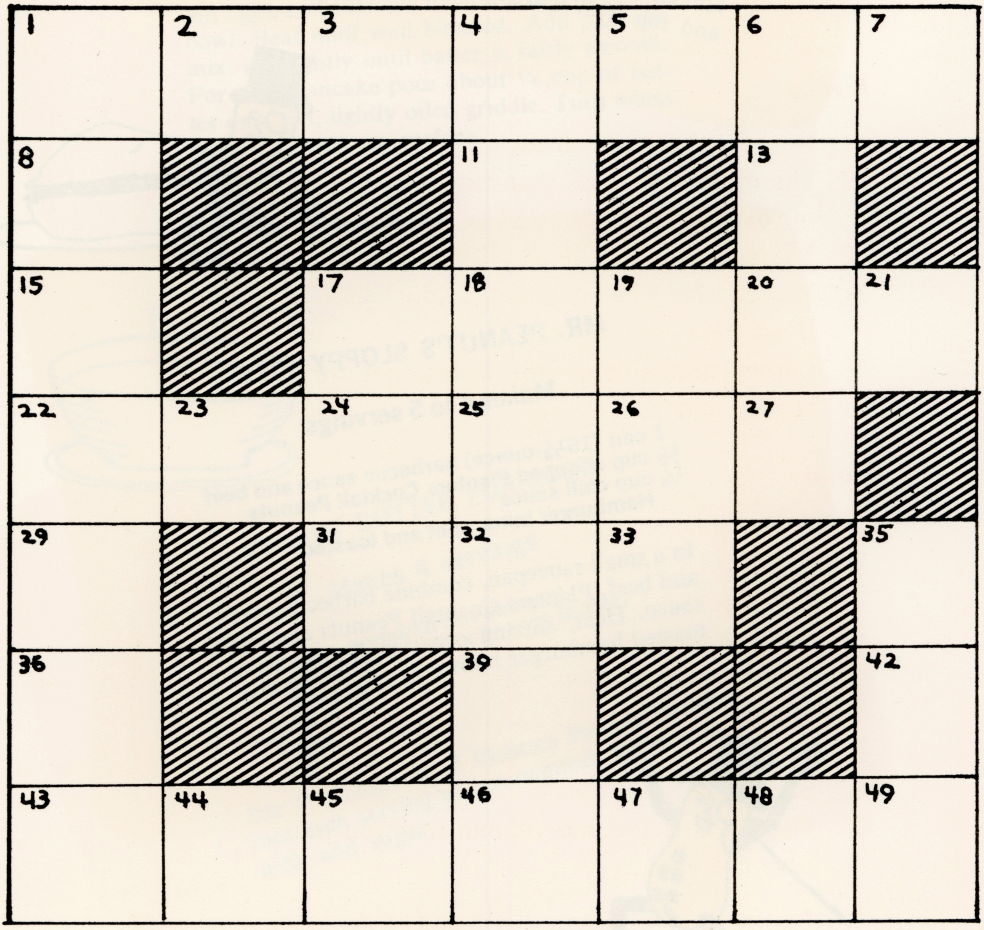
1 can (15¼-ounce) barbecue sauce and beef
½ cup chopped Planters Cocktail Peanuts
¼ cup chili sauce
Hamburger buns, split and toasted

In a small saucepan, combine barbecue sauce and beef, Planters Cocktail Peanuts and chili sauce. Heat, stirring occasionally. Serve on toasted hamburger buns.

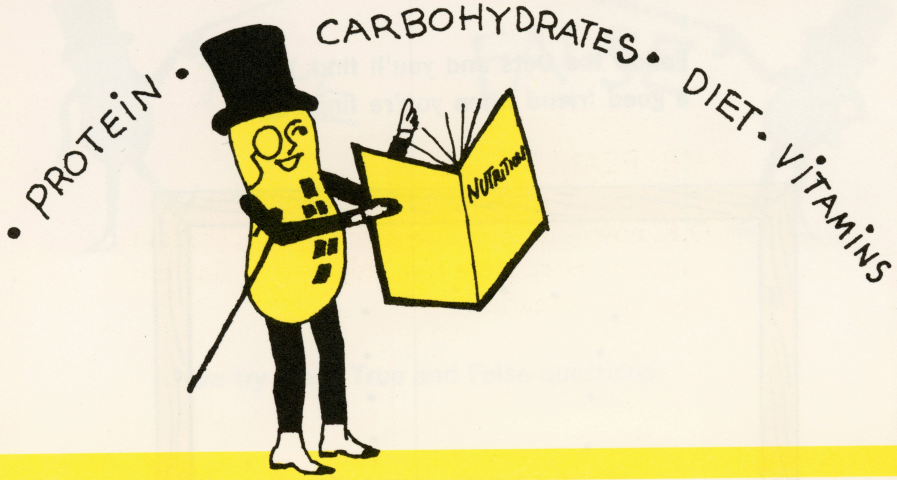
MR. PEANUT GIVES A QUIZ

O.K. now — let's see how much you know about nutrition. Here are a few little tests to find out what you've learned.

CROSSWORD PUZZLE



ANSWERS TO CROSSWORD PUZZLE ON PAGE 32.



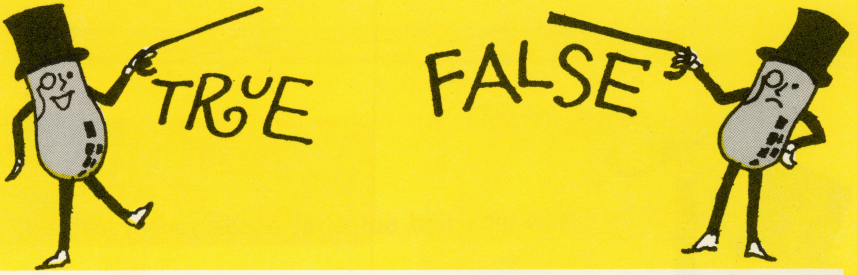
Across

1. Nutrient that builds muscles.
17. The measuring stick that measures the energy in your food is a _____ie.
22. The one vitamin without a letter name.
31. You can balance your diet if you follow ___ Basic Four.
43. Carbohydrates come from foods that are sugary and _____.

Down

1. A very good energy snack.
4. If you have trouble with your school work you should ask your _____.
6. You need this to build strong red blood.
17. A balanced diet is more important for you than for your dog or your ___.
19. You need more energy to play baseball than you do to ___ down in bed.
35. Vitamin C is the one vitamin that you must have every ___.

Follow the Dots and you'll find
a good friend when you're finished.



Now try these True and False questions:

It doesn't matter what you eat every day. _____

Protein is the science that tells you about food. _____

Carbohydrates give you energy. _____

Cereal is an important source of Vitamin C. _____

Vitamin D is in sunshine. _____

Mr. Peanut makes a good snack food. _____

Blood carries your food to other parts of your body. _____

You are what you eat. _____

Iodine keeps you from catching cold. _____

There are five basic food groups. _____

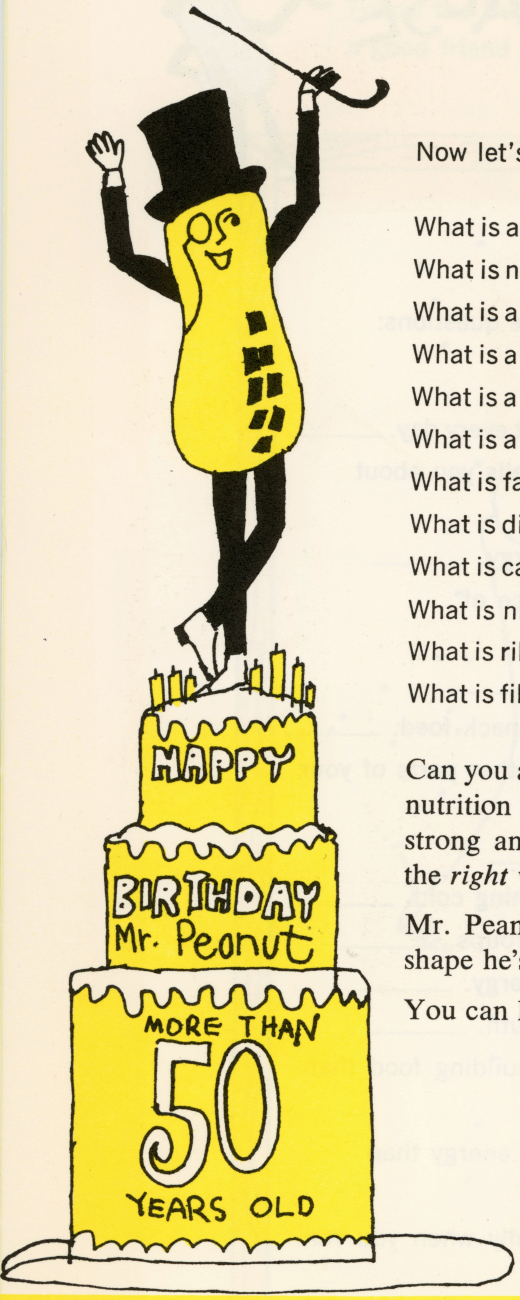
Peanuts give you lots of energy. _____

Fats are digested in the mouth. _____

You **may** need more body-building food than your Daddy. _____

Reading uses up more food energy than tennis. _____

Water is important, especially when you run and play hard. _____



Now let's find out what words you've learned.

What is a nutrient?
What is nutrition?
What is a peanut?
What is a calorie?
What is a vitamin?
What is a mineral?
What is fat?
What is digestion?
What is carbohydrate?
What is niacin?
What is riboflavin?
What is fiber?

Can you answer them all? Good for you! See — nutrition is easy and it's fun, too. And to be strong and healthy all your life you must eat the *right* way.

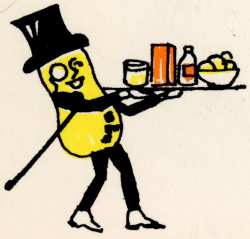
Mr. Peanut is over fifty and look what great shape he's in.

You can look that good, too!

ANSWERS TO CROSSWORD PUZZLE

1 P	2 R	3 O	4 T	5 E	6 I	7 N
8 E			11 E		13 R	
15 A		17 C	18 A	19 L	20 O	21 R
22 N	23 I	24 A	25 C	26 I	27 N	
29 U		31 T	32 H	33 E		35 D
36 T			39 E			42 A
43 S	44 T	45 A	46 R	47 C	48 H	49 Y

Planters
JUMBO BLOCK
PEANUT CANDY
Planters
Peanuts
MR. PEANUT
PLANTERS
Cocktail
PEANUTS
PLANTERS
Dry Roasted
peanuts
NO OILS OR SUGAR
USED IN PROCESSING
PLANTERS
Creamy
PEANUT
BUTTER
NET WT.
12 OZ.
made of famous Planters Peanuts
Planters
Cheese
PEANUT
BUTTER
SANDWICHES
PLANTERS
Mixed Nuts
MR.
PEANUT
®



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